Sure. Non-rapid eye movement (NREM) sleep is the first stage of sleep that occurs after we fall asleep. It is divided into three stages: N1, N2, and N3. Each stage is characterized by different brain wave patterns and muscle activity.

Stage N1 is the lightest stage of NREM sleep. It is characterized by a decrease in muscle activity and a slowing of brain waves. Eye movements are still present, but they become less frequent. This is the stage where we start to feel drowsy and may experience hypnagogic hallucinations, which are vivid sensory experiences that occur as we are falling asleep.

Stage N2 is a deeper stage of NREM sleep. Brain waves become slower and more regular in this stage. Eye movements stop completely. This is the stage where most of our sleep spindles occur. Sleep spindles are bursts of electrical activity in the brain that are thought to be involved in memory consolidation.

Stage N3 is the deepest stage of NREM sleep. Brain waves become very slow and regular in this stage. Muscle activity is at its lowest point. This is the stage where we are most difficult to wake up. Stage N3 is important for physical restoration and immune function.

As we sleep, we cycle through the stages of NREM sleep several times. The first few cycles of sleep are shorter, and we spend more time in the lighter stages of NREM sleep. Later in the night, the cycles become longer, and we spend more time in the deeper stages of NREM sleep.

NREM sleep is essential for our overall health and well-being. It helps us to function properly both physically and mentally. When we don't get enough NREM sleep, we can experience a variety of problems, including fatigue, difficulty concentrating, mood swings, and impaired judgment.

Here is a table summarizing the stages of NREM sleep:

Stage	Characteristics	Functions
N1	Brain waves slow down. Eye movements stop.	Relaxing and drifting off to sleep.
N2	Brain waves slow down even further. Sleep spindles occur.	Deeper sleep.

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N3	Brain waves are very slow.	Deepest sleep.

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I hope this helps! Let me know if you have any other questions.